



# CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

**MARCH 11, 2022**

## **NEW THIS WEEK!**

**\*\*If you are unable to reach the VASE+ page from hyperlinks in this newsletter, please either type or copy/paste the URL into your browser: [vase.vdh.virginia.gov](https://vase.vdh.virginia.gov)**

### CSHD OPENS COVID-19 HOTLINE



CENTRAL SHENANDOAH HEALTH DISTRICT

## COVID-19 HOTLINE

Speak with CSHD public health staff about COVID-19 testing, vaccines, finding support, and more!

**855-949-8378**

**MONDAY through FRIDAY**  
8:00 a.m. - 4:30 p.m.

CSHD is opening a COVID-19 hotline to answer questions from community members about COVID-19 and related issues, such as:

- Vaccinations & scheduling appointments
- Testing & symptoms
- Quarantine & isolation guidance
- How to minimize the risk of exposure
- Local and statewide transmission conditions
- Requests for care kits and PPE

As VDH shifts away from individual case investigations, it is important for the Central Shenandoah community to have an accessible tool to ask questions if they are exposed to or test positive for COVID-19.

**Call 1-855-949-8378 to be connected!**

**Hotline begins operations on Monday, March 14 and will be open Monday-Friday from 8:00 a.m. until 4:30 p.m.**

***This hotline should be reserved for COVID-19 related requests!  
For any other services, please call your local health department.***

**MARCH 12 STONE SPRING ELEMENTARY COVID-19 VACCINE CLINIC  
CANCELLED**



March 12 COVID-19 vaccine clinic at Stone Spring Elementary

# CANCELLED

due to forecasted inclement weather

*Visit [vase.vdh.virginia.gov](https://vase.vdh.virginia.gov) to find  
additional clinic opportunities in CSHD!*

## UPDATED MASKING GUIDANCE



The CDC updated its masking guidance last month, [and you can read more about it here.](#)

People with symptoms, a positive test, or exposure to someone with COVID-19 should ALWAYS wear a mask (regardless of Covid-19 Community Level).

In areas where the [COVID-19 Community Level](#) is:

- **Low:** Wear a mask based on your personal preference and [risk of developing severe illness.](#)
- **Medium:** Wear a mask based on your personal preference, your level of risk, and [the risk of the people you live or spend time with.](#)
- **High:** The CDC recommends that everyone, regardless of vaccination status, should wear a mask indoors in public.
  - People at increased risk should wear a mask or respirator that provides them with greater protection, like an N95 or KN95.

Additionally, people with weakened immune systems or who are at [increased risk](#) for severe illness should talk to their healthcare provider about what extra precautions, like masks, they may need.

People may choose to mask at any time.

Some localities, local businesses, and other settings may still require masks. Follow any applicable rules or ordinances. *This guidance does not apply to healthcare facilities, including hospitals or nursing homes.* VDH is working to update documents and other associated materials to align with this guidance.

Read more about masking  
guidance

## COVID-19 TESTING OPTIONS IN CSHD



LOOKING FOR  
COVID-19 TESTING?

YOU HAVE OPTIONS!

There are opportunities throughout the health district to get a COVID-19 test, [including at-home rapid test kits available for each household](#). VDH also offers an [online testing site finder](#).

In addition to the resources on the testing locator map, you may find additional testing sites in your area by visiting:

- Retail pharmacies
- [Walgreens Partnership](#)
- [Coronavirus Disease \(COVID-19\) Information for Patients | LabCorp](#); Pixel by LabCorp provides additional events (not sponsored by VDH)
- Your [local health department website](#)
- [At-home test kits are available through some libraries](#)
- Your primary healthcare provider
- At home tests can be ordered through some private companies, including [Quest Diagnostic](#)

**DO NOT GO TO THE HOSPITAL OR EMERGENCY ROOM TO GET A COVID-19 TEST!**

Hospital emergency rooms, urgent care providers and rescue squads are intended for medical emergencies, not routine COVID-19 testing.

VDH Testing  
Finder

## UPCOMING CLINICS AT DOLLAR GENERAL STORES

### COVID-19 VACCINE CLINIC

March 18, 11:00 a.m. - 1:00 p.m.

14804 Spotswood Trail  
OUTSIDE IN THE PARKING LOT  
Elkton, VA 22827

Pfizer (Ages 5+) 2 shots  
Moderna (Ages 18+) 2 shots  
Johnson & Johnson (Ages 18+) 1 shot

FIRST, SECOND,  
THIRD AND  
BOOSTER DOSES  
AVAILABLE!

Walk-ins welcome! Secure your spot with an appointment at [vase.vdh.virginia.gov](https://vase.vdh.virginia.gov)  
Call (877) 829-4692 for questions or help making an appointment.

### COVID-19 VACCINE CLINIC

March 18, 4:00 - 6:00 p.m.

45 Judy Lane  
OUTSIDE IN THE PARKING LOT  
McGaheysville, VA 22840

Pfizer (Ages 5+) 2 shots  
Moderna (Ages 18+) 2 shots  
Johnson & Johnson (Ages 18+) 1 shot

FIRST, SECOND,  
THIRD AND  
BOOSTER DOSES  
AVAILABLE!

Walk-ins welcome! Secure your spot with an appointment at [vase.vdh.virginia.gov](https://vase.vdh.virginia.gov)  
Call (877) 829-4692 for questions or help making an appointment.

ELKTON  
March 18, 11:00 a.m. - 1:00 p.m.

McGAHEYSVILLE  
March 18, 4:00 - 6:00 p.m.

Make an  
appointment!



# FREE CHILDREN'S COVID-19 VACCINES AVAILABLE AT YOUR LOCAL HEALTH DEPARTMENT!

Did you know that the Central Shenandoah Health District offers pediatric specific COVID-19 vaccine clinics at our health department offices? Protect your child with a COVID-19 vaccine today!

## Lexington Children's COVID-19 Vaccine Clinic

- Every Wednesday, 2:00 - 6:00 p.m.

## Harrisonburg-Rockingham Children's COVID-19 Vaccine Clinic

- Every Wednesday, 2:00 - 6:00 p.m.

## Waynesboro Children's COVID-19 Vaccine Clinic

- Every Monday, 2:00 - 6:00 p.m.

## Bath & Highland County Children's COVID-19 Vaccine Clinic

- **By appointment only**
- Call (540) 839-7246 for Bath County Health Department
- Call (540) 468-2270 for Highland County Health Department



*Wanting more information about COVID-19 vaccines and children?*  
Check out these resources!

(English) [Top Five Things Parents Want to Know About the COVID-19 Vaccine](#)

(Spanish) [Top Five Things Parents Want to Know About the COVID-19 Vaccine](#)

(English) [Getting Vaccinated For COVID As A Family](#)

(English) [What If I Am Not Sure About Getting My Kid A COVID-19 Vaccine?](#)

Make an  
appointment!

## HEALTH DEPARTMENT COVID-19 VACCINE CLINICS



### HEALTH DEPARTMENT COVID-19 VACCINE CLINICS

#### **Walk-ins are welcome!**

To secure your spot, visit [vase.vdh.virginia.gov](https://vase.vdh.virginia.gov)  
First, second, third and booster doses available for all eligible people

#### **HARRISONBURG-ROCKINGHAM HEALTH DEPARTMENT**

Wednesdays, 2:00 - 6:00 p.m.

Ages 5-11: Pfizer  
Ages 12-17 Pfizer

Fridays, 9:00 a.m. - 4:30 p.m.

(Lunch Break 12:30 - 1:30 p.m.)  
Ages 12+: Pfizer, Moderna, Johnson & Johnson

#### **LEXINGTON-ROCKBRIDGE HEALTH DEPARTMENT**

Wednesdays, 2:00 - 6:00 p.m.

Ages 5-11: Pfizer  
Ages 12-17 Pfizer

Fridays, 9:00 a.m. - 4:30 p.m.

(Lunch Break 12:30 - 1:30 p.m.)  
Ages 12+: Pfizer, Moderna, Johnson & Johnson

#### **WAYNESBORO HEALTH DEPARTMENT**

Mondays, 9:00 a.m. - 1:00 p.m.  
Ages 12+: Pfizer, Moderna, Johnson & Johnson

Mondays, 2:00 - 6:00 p.m.  
Ages 5-11: Pfizer  
Ages 12-17 Pfizer

CSHD has updated our COVID-19 vaccine clinic schedule for 2022!

**ALL CHILDHOOD COVID-19 VACCINE CLINICS  
NOW OFFER PFIZER FOR AGES 12-17!**

These clinics will accept walk-ins or appointments can be made at: <https://vase.vdh.virginia.gov>

There are plenty of opportunities to get your COVID-19 vaccine or booster throughout the Central Shenandoah Health District, including:

- Local and retail pharmacies (like CVS, Wal-Greens, or a local independently owned pharmacy);
- Your family doctor or pediatrician;
- Health department clinics and community vaccination clinics

# CENTRAL SHENANDOAH HEALTH DISTRICT

## COVID-19 DATA

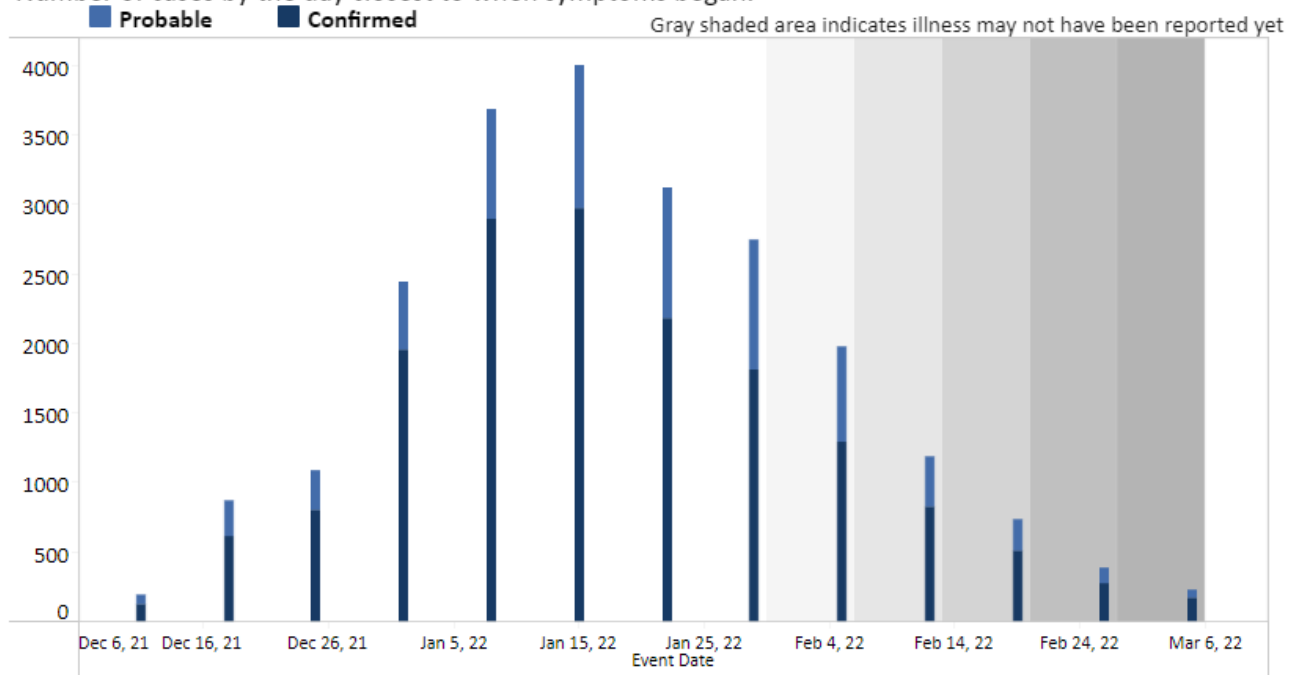
*Note: On March 10, 2022, VDH made changes to simplify and streamline some of the COVID-19 dashboards. More information about the changes are in the [News Release](#) and on the [Website Change Log](#).*

### Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.

#### Number of Cases by Date of Illness for Central Shenandoah District for the past 13 weeks

Number of cases by the day closest to when symptoms began.



### COVID-19 Case Data Breakdown

March 11, 2022



### Vaccination Rates

You are considered to be fully vaccinated 2 weeks after your second dose in a 2-dose series or 2 weeks after a single-dose vaccine.

In the Central Shenandoah Health District, vaccination percentages are broken down by locality and city below:

## **COVID-19 Vaccination Data Breakdown**

### **March 11, 2022**

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	58.5	55.7	67.7	64.7
Harrisonburg City	60.4	55.7	64.1	59.4
Augusta County	60.0	58.1	68.2	66.4
Staunton City	71.1	67.4	78.8	75.4
Waynesboro City	67.2	63.8	78.2	75.0
Rockbridge County	61.9	58.9	69.6	66.3
Lexington City	64.3	59.2	64.7	60.4
Buena Vista City	62.9	58.9	73.4	69.1
Bath County	60.1	54.5	68.0	61.7
Highland County	61.4	58.0	66.6	63.8
<b>Totals:</b>	<b>62.8%</b>	<b>59.0%</b>	<b>69.9%</b>	<b>66.2%</b>

### **Data Sources - Find out more!**

The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

**Visit the VDH COVID-19 Data  
Dashboard**

## Health Education Corner

### **March is National Colorectal Cancer Awareness Month!**

Last week, we talked about taking care of your kidney health. March is also Colorectal Cancer Awareness Month and here is what you need to know:

In 2022, an estimated 151,030 people will be diagnosed with this highly preventable disease. You can take charge of your health by getting screened regularly. Colorectal (Colon) Cancer screening saves lives!

You should start getting regular screening when you turn 45 years old.

Please visit this [CDC Colorectal \(Colon\) Cancer](#) website



to learn more!

Additional resources can be found on the [Colorectal Cancer Alliance](#) website.

## COVID-19 MITIGATION



Vaccination is our number one line of defense in defeating COVID-19. All COVID-19 vaccines approved and authorized in the United States are safe, effective and free. **The Central Shenandoah Health District encourages everyone who is eligible to receive the COVID-19 vaccine do so as soon as possible!**

***In addition to vaccination***, layering other public health mitigation measures can keep you and your family safe! This can include:

- **Masking up in areas of high transmission**, even if you have already been vaccinated. Read more about transmission [here](#).
- **Practice physical distancing (also known as social distancing)**, and stay 6 feet apart from others. It is a way to slow the spread of COVID-19 by reducing close contact between people. The closer you are to other people who are not fully vaccinated and the more time you spend with those people, the higher the risk of COVID-19 spread.
- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Read more about COVID-19 Mitigation Best Practices

## COVID-19 VACCINE CLINICS

Click the button below for a full list of COVID-19 vaccine clinics happening in the Central Shenandoah Health District. The clinics are separated by region. Please note that the Pfizer vaccine is approved for ages 5+ and the Moderna and Johnson & Johnson vaccines are approved for ages 18+. These schedules are subject to change

***You can register for these clinics at*** [vase.vdh.virginia.gov](https://vase.vdh.virginia.gov).

View the COVID-19 Community Calendars

We also continue to partner with organizations throughout the district to provide access to COVID-19 vaccines. Visit the websites below for COVID-19 vaccine clinics operated by our community partners!

- Augusta Health: <https://vaccinate.augustahealth.com/vaccine-appointments/>
- Carilion Rockbridge Community Hospital: <https://www.carilionclinic.org/covid-19-vaccine#latest-updates>
- Health Community Health Centers: <https://www.hburgchc.org/covid-19-2/>
- Rockbridge Area Health Center: <https://www.rockahc.org/coronavirus-covid-19-updates/>
- Sentra Rockingham Memorial Hospital: <https://www.sentara.com/harrisonburg-virginia/covid-19-information.aspx>

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**FOR MORE INFORMATION ABOUT COVID-19, VISIT:**

<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

